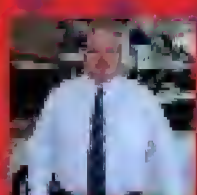


CAPITAL YEAR END CLEAROUT

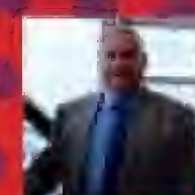


Jeff McDonnal
Floor Manager



Shaun Booth
Commercial/Fleet
Manager

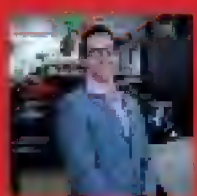
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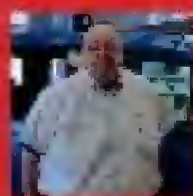
Murray Elke
Product Expert



Ted Afanasiev
Product Specialist



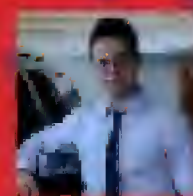
Eric Reece
Product Specialist



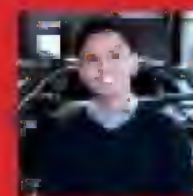
Mark Elliott
Product Specialist



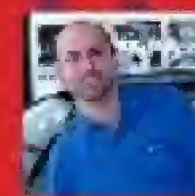
Jack Zhang
Product Specialist



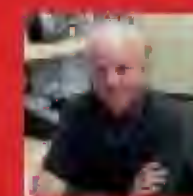
Ricky Zhang
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Will Castro
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metroNEWS



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DONORS, take heart

**Documentary starring
Manitoba baby hopes to
inspire more transplant
success stories**

metroNEWS

Altona, Man., parents Jason and Judy Bergen look in on their baby, Harlow, who was rushed to the University of Alberta hospital for a heart transplant 14 months ago. SCREENSHOT/VITAL BONDS

Security cams hit rough water

COMMUNITY SERVICES

City department eyes budget for swimming pool surveillance



**Stephanie
Taylor**
Metro | Winnipeg

It remains to be seen whether some of Winnipeg's swimming pools will be outfitted with new surveillance cameras to catch potential sexual predators.

Monday's committee on innovation rejected a \$333,000 upgrade on closed-circuit cameras at city pools.

The request stems from a recently struck partnership between the city and the Canadian Centre for Child Protection.

Together, the city and the centre are rolling out a new public awareness campaign to better protect children from sexual exploitation in city facilities, beginning first with pools.

The community services de-

partment wanted the cameras for "the surveillance of high-traffic areas within each facility in order to identify individuals engaged in unusual behaviour."

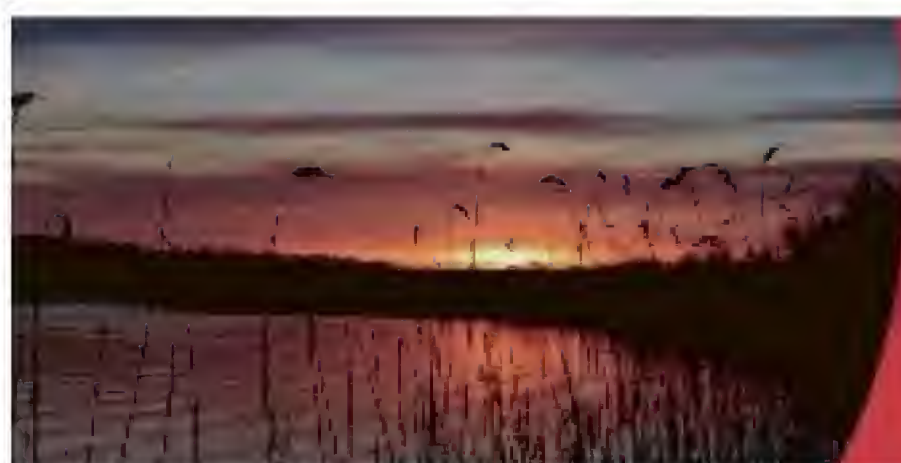
Clive Wightman, director of the department, told Monday's committee the cameras would be installed at 12 aquatic facilities and be connected to a centralized network, which would be easier for police to access.

Councillors ultimately voted down the request, saying it fell outside the criteria for innovation capital funding because it does not offer enough financial efficiencies.

After the meeting, Wightman acknowledged he was "pushing the envelope" with the ask.

He said the department would look for the cash to buy the new surveillance cameras in its existing budget, but expressed doubt there'd be enough money for cameras at 12 facilities.

"I guess the committee just felt this wasn't the right place," newly appointed committee chairperson Coun. Cindy Gilroy said afterwards.



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PEDESTRIANS Call for new road policies

A pair of unrelated vehicle-pedestrian collisions Monday morning highlight a need for increased awareness and policies to reduce such accidents, one councillor says.

After two people were badly injured in different parts of the city, Coun. Janice Lukes broadcast to her Twitter followers that "increasing Vision Zero awareness-practices and policies" is "long overdue in Winnipeg," but something she would be re-committing to.

Vision Zero is a Swedish approach to road safety adopted in many cities around the world — including Canadian cities like Vancouver and Edmonton — with the goal of reducing death and serious injuries on roadways to zero. Vision Zero policies could include reduced speed limits or brightly lit and pedestrian-triggered cross-walks.

"No loss of life is acceptable," the initiative states on its website.

On Monday in Winnipeg, the driver of a semi-truck trailer struck and killed a pedestrian at the intersection of Kenaston and McGillivray Boulevard. The pedestrian was taken to the hospital in critical condition.

Before 8 a.m., the accident froze traffic and had "a number of witnesses who observed" the scene firsthand calling the police distraught.

"We were getting some calls ... people who had seen this accident who were quite traumatized by it," said Winnipeg Police Service (WPS) spokesperson Const. Rob Carver.

Across town, shortly after the first accident, another pedestrian was hit by a vehicle at the corner of Morley Avenue and Osborne Street around 8:20 a.m. The pedestrian was taken to hospital and their condition is unknown.

Carver stressed that the two incidents were "absolutely co-incidence," but Lukes said that doesn't mean they're totally unrelated, as the city doesn't do "everything we can to improve pedestrian safety."

"Could we do more? Absolutely," she said.

Lukes attended a Vision Zero seminar when she was at the Pro Walk/Pro Bike active transportation conference in Vancouver, and has been familiar with it as a movement for years.

BRAEDEN JONES/METRO

For the first time, pizza and beer delivered to you

LAUNCH Innovative idea generates huge demand, buzz on social media

Braeden Jones
Metro | Winnipeg

Winnipeggers, rejoice: There's now a way to order a cold one with your 'za.

"It's so obvious, it just makes sense," said Terry Davison, one of

the visionary managing partners of the recently launched Hops Pizza and beer delivery service.

He explained delivery was the one place the symbiotic indulgences weren't married. When people sit down in a restaurant to have pizza, they can surely have a pint with it. At the same, the rule's the same. Heck, when they plan a pizza night at home and go all DIY, they probably planned ahead and grabbed a case to chill in the fridge.

But impromptu delivery orders were the last vestige of potentially beerless pizza munching. No more.

“We're not just a gimmick.”
Terry Davison, Hops Pizza

Although a pizza and beer delivery service seems "obvious," as Davison said, it's also the first of its kind in Canada.

From the Hops Pizza website, customers can order a cold one from a drink menu with a dozen of the most popular beer brands and customize a hot pizza pie.

Then they get pizza and beer to their door. Simple as that.

Delivery drivers have the same training as liquor store

staff, people receiving pizzas need to share photo identification to prove they're legal drinking age, and Hops Kitchens are all attached to hotels with vendors — that's the deal the provincial liquor regulator worked on for "months" with Hops in order to make the concept work.

After a late October soft-launch and its official opening weekend just behind them,

Davison said things have been "crazy busy."

"Reception has been unbelievable, the amount of traffic on social media is extraordinary," Davison said.

A key to sustaining that success, though, he notes, beyond having a unique business model and awesome accompaniment (beer), is having "seriously good pizza."

"It's all fresh ingredients, hand cut that day. We spent a lot of time and hired chefs to help us come up with ingredients," Davison said. "We're not just a gimmick."



Terry Davison, centre, Angelo Paletta, right, and Anthony Paletta of Hops Pizza in Winnipeg on Monday. LYLE STAFFORD/METRO

PUBLIC WORKS

Time's up on daylight saving, says councillor

Stephanie Taylor
Metro | Winnipeg

St. Boniface Coun. Matt Allard believes it's time to get away from the practice of switching the clocks back and forth in Winnipeg.

Allard wants city staff to study

whether there is any spike in collisions when daylight saving time (DST) ends each fall.

He got the idea to explore DST after hearing complaints from people who say the annual time change is inconvenient.

Allard also took to Facebook with his query, where people posted examples of other jurisdictions that abandoned the prac-

tice all together, as well as links to outside research showing a number of health-related negatives associated with the change.

Allard said he's spoken informally to public works staff that say they would need collision data from Manitoba Public Insurance to study the matter any further.

If staff were to discover an

increase in vehicle collisions as a result of the time change, Allard says he'd want the city to ask the provincial powers at be to intervene.

Allard's request will be heard before the Riel community committee, and potentially forwarded along to the infrastructure renewal and public works committee for consideration.

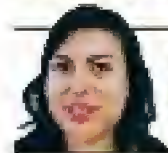


WIKIMEDIA CREATIVE COMMONS

Documentary film urges organ donors to take heart

THE NATURE OF THINGS

Remarkable story of baby Harlow Bergen



Jessica Botelho-Urbanski
For Metro|Winnipeg

The makers of a new documentary about organ donation are hoping to inspire idle Canadians with help from a painstakingly detailed story about an Altona, Man. baby's heart transplant.

Vital Bonds, a 44-minute offering from ID Productions and the National Film Board, will be broadcast at 7 p.m. Thursday on CBC's The Nature of Things. It's the first documentary to ever give an unrestricted look behind the scenes of a hospital at the heart of organ donation, said Edmonton-based filmmaker Niobe Thompson.

The University of Alberta Hospital caters to patients from across Canada who visit when they're in dire need of organs and tissue. Thompson said he earned the Alberta health services' trust over a number of years, which allowed his team to tell the patients and doctors' stories from their bedsides and operating tables.

"We thought the way to really create a film that is gripping — that changes people, that reaches out to people and is original — is to aim for that complete and unrestricted access," Thompson said.

According to the Canadian Transplant Society, about 90 per cent of Canadians support organ and tissue donation, but less than 20 per cent have made plans to donate.

"Most Canadians are stuck between intention and action and I was one of them before I



Altona, Man. baby Harlow Bergen had to get a heart transplant just after she was born because hers had a fatal defect. She's doing fine today, thanks to a transplant that came from Quebec. SCREENSHOT/VITAL BONDS

started making this film," said Thompson. "That gap is leading to tragedies in our hospitals every day."

Last December, the Canadian Institute for Health Information said only 10 per cent of eligible organs from deceased donors were actually transplanted into patients who need them in Manitoba.

Two Manitobans who stress the importance of signing up to donate are the parents of

Harlow Bergen, a star of Vital Bonds. After she was born with a fatal heart defect in Win-



Most Canadians are stuck between intention and action.

Niobe Thompson

nipeg, the 14-month-old was flown to the University of Alberta Hospital for surgery.

Altona-based couple Judy and Jason Bergen stayed with their daughter in Edmonton until mid-December when they all got the go-ahead to go home. Had it not been for a heart donation flown from about 1,600 kilometres away, Harlow might not be alive today.

"Not until we were in the situation did we realize that

there is such a shortage of organ donors. We never thought of it before and this brought a new light to us," said Judy Bergen.

Signing up to donate takes approximately two minutes at signupforlife.ca. The website encourages potential donors to discuss their intentions with family members, who ultimately get to make the final call on deceased loved ones' organ and tissue donations.

TELEVISION

Network targets Native Americans

Media businesses everywhere are scrambling for new ideas to boost their increasingly fragmented and distracted audience.

Sky Bridges, chief operating officer of the Winnipeg-based Aboriginal People's Television Network, thinks he's found one.

"This is absolutely the last great opportunity for cable and satellite networks to launch a service that will reach a never-served market," he said recently, barely keeping his enthusiasm in check.

The excitement comes from the network's expansion plans. APTN expects to begin providing what Bridges says is the first indigenous-centred broadcasts to Americans as early as next year.

The need — and market — is obvious, said Bridges from Toronto.

"You have a system that caters to all kinds of groups in the United States — from diverse Asian groups, to African-American to Hispanic, yet the first peoples of that nation don't have a channel that they can consume and have news being told through their lens."

The U.S. has at least 17 million people claiming full or part indigenous heritage.

Market research conducted by APTN suggests 70 per cent of native Americans felt unrepresented in cable offerings. About 90 per cent felt an indigenous network should be launched and a large percentage of those who left cable and satellite systems said they would rejoin if it were.

The plan is that the tentatively entitled All Nations Network (ANN) will eventually produce about 80 per cent of its own content, including news and current affairs. Events such as the Standing Rock protests in the Dakotas, where Sioux bands have spearheaded pipeline protests, highlight the need for indigenous news broadcasts, Bridges said.

The network is negotiating with potential U.S. distributors for their signal.

"We're in negotiations. I'm confident it's going to launch, but it takes time. We're in dialogue." THE CANADIAN PRESS



First peoples (of the U.S.) don't have a channel that they can consume and have news being told through their lens.

Sky Bridges

INVESTIGATION

Personal health info improperly accessed

The Manitoba government says a former employee inappropriately got access to the personal information of 197 people.

An internal investigation into Manitoba Health, Seniors and Active Living found the worker obtained people's names, addresses and dates of birth.

The government says the employee did not have access to personal health information in provincial databases

that would include visits to doctors, diagnoses, medical billings, prescription drug records or hospitalizations.

Legislation and department policies prohibit employees from having access to information unless it is necessary to carry out their responsibilities and work requirements.

The province says it is contacting all affected individuals and, if others are identified, they will also be notified.

The department said it has

notified the Manitoba ombudsman's office about the breach.

"The department apologizes and is continuing to provide ongoing training to staff to ensure they are aware of their responsibilities to maintain the privacy of personal health information," the government said in a release Monday.

Earlier this month, a file containing the records of about 1,000 patients was

taken from a diagnostic imaging office at Winnipeg's Health Sciences Centre.

Police are investigating and the Winnipeg Regional Health Authority has said a private security company has also been hired to investigate. Both have been given video from surveillance cameras in the building.

The health region still has paper files but is working towards fully digital filing.

THE CANADIAN PRESS

IN BRIEF

Police warn of phony emailed traffic tickets

Over the weekend, the Winnipeg Police Service warned the public to be wary of emails accusing drivers of negligence and demanding payment.

Police spokesperson Const. Rob Carver said the WPS had nothing to do with the messages, and if anyone received them they should inform the Canadian Anti-Fraud Centre. BRAEDEN JONES/METRO

Have a boat, Ireland — it's on the house

SPECIAL DELIVERY

Canadian man sends a gift to homeless youth across an ocean

Almost 3,300 kilometres away from where it started its voyage, a Canadian houseboat mysteriously washed up on the shores of Cross Beach in Belmullet, Ireland, early Monday morning.

The Ballyglass Coast Guard secured and pulled the boat out of the water. An onlooker described it as an "unusual vessel."

During its investigation, the coast guard found a message written on the walls: "I, Rick Small, donate this structure to a homeless youth. To give them a better life than Newfoundlanders choose not to do! No rent. No mortgage. No hydro."

Photographs of the boat, described as a combination of "scraps," have been shared widely, publicized by Irish media out-



Declan Murphy's nephews outside the houseboat. COURTESY DECLAN MURPHY

lets. Quite a few people made their way out to the beach to take a look inside the craft.

"(I was) intrigued to see how this man-made vessel from all sorts of leftover materials ... could make such a treacherous journey," Declan Murphy, a U.K. resident who is visiting his par-

ents in Belmullet, said.

After hearing about the incident on local radio, Murphy decided to bring his two nephews down to the beach to see the vessel. Murphy described the craft as made out of car tires and wood planks, and held together with what appears to be "road tar."

Just as mysterious as the vessel's appearance is the whereabouts of the person who appears to have built it. Rick Small, a native of Thunder Bay, Ont., is known as the man who rode from B.C. to St. John's on a solar-powered bike in 2015.

TORSTAR NEWS SERVICE

SPIES

Don't get caught catching 'em all

Canada's spies are guarding against a new threat to operational security: Pokémon.

Canada's electronic spy agency issued guidelines for spooks and employees playing Pokémon Go, a popular augmented reality game.

Because the game requires location and camera data to play, it poses a risk to people who would rather not be tracked: like employees of the Communications Security Establishment (CSE), Canada's electronic spying agency.

The guidelines were

circulated by CSE's American counterpart, the National Security Administration (NSA).

"Note that the information (used) by the game in the course of regular play could be used to deduce pattern of life," the unclassified memo reads.

The agency also recommended creating a dummy Google account, using a fake name not associated with your other online activities, like "Professor Oak."

CSE noted that camera data could be used to deduce location.

TORSTAR NEWS SERVICE



AFP/GETTY IMAGES

IN BRIEF

Refugees, wildfires push food-bank users up

An influx of refugees along with the impact of wildfires and low oil prices drove a 1.3 per cent increase in the number of people using food banks in Canada in 2016 compared to the previous year, a new report says.

HungerCount 2016, to be released Tuesday, shows 863,492 individuals relied on a food bank in March, up from 852,137 in March, 2015, with eight of 10 provinces experiencing a hike and three showing surges of more than 17 per cent.

TORSTAR NEWS SERVICE

AVIATION

'Drone' incident injures two

A drone? A weather balloon? A piece of garbage swept up by the wind?

The pilots of a Porter Airlines flight inbound to Toronto on Monday morning were forced to put their plane into a sudden dive to avoid a midair collision with an unidentified object high

over Lake Ontario, causing minor injuries to two flight attendants.

Now investigators with the Transportation Safety Board of Canada admit they have a puzzle on their hands to determine exactly what the pilots had to avoid.

"Nobody knows at this point.

It happened so quick," said Peter Rowntree, senior regional investigator with the safety board.

"We've got our work cut out trying to figure out what this unidentified flying object was. What did they encounter?" Rowntree said, describing it as up to three metres wide. TORSTAR NEWS SERVICE

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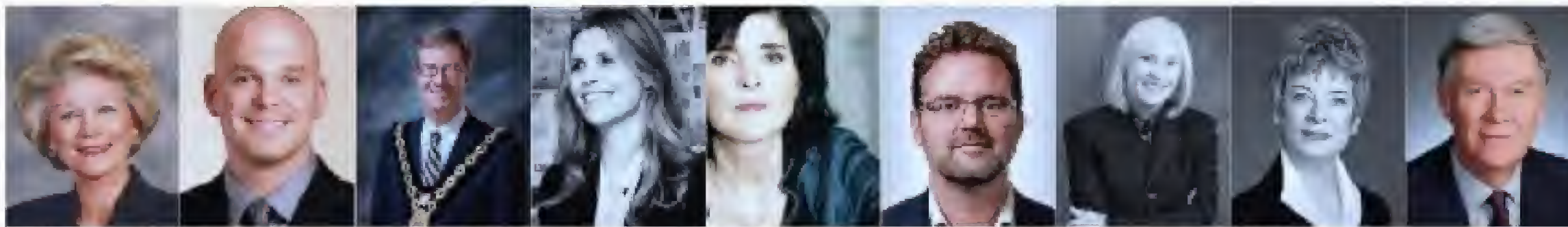
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#WomenOnBoards

A four-part special focus

Got it right

The National Arts Centre is one of only four Crown corporations where women outnumber men at the board table.



Adrian Burns (far left), board chairwoman for the National Arts Centre Board of Trustees, with fellow NAC board members. SUPPLIED

Ryan Tumilty
Metro | Ottawa

Most Crown corporations fall short of gender parity on their boards — but a select few do have more women than men.

A Metro Ottawa analysis found only four of the 42 federal Crown corporations have boards with more women than men.

Those boards are:

- The National Arts Centre,

where five of the nine current board members are women;

- The Federal Bridge Corporation, where five of the seven board members are women;

- The International Development Research Centre, where seven of the 12 board members are women; and,

- The Canadian Museum for Human Rights, where seven of the 10 board members are women.

The NAC's board chair, Adrian Burns, said the balance on their

board was not something they deliberately sought out, but it reflects a strong group of applicants.

"It was merit-based, because they were all on a list of three to four finalists," she said. "Their contribution is most certainly equal to any other group that could be or has been appointed."

Burns, who also serves on several private boards, said she doesn't notice a large difference with the majority female board, but she says she believes that

women do have different approaches than men.

"They're very detail-oriented, and so I think we probably have a level of scrutiny that would match any board anywhere, corporate or Crown," she said.

She said the NAC is always trying to expand its reach, highlighting the search for a new artistic director of Indigenous Theatre.

She said that's just one example of where they are trying to better reflect Canada's diversity,

and she hopes the federal government considers that when they make their board appointments.

"We would hope that the government is looking towards that for our board members as well."



Their contribution is most certainly equal.

Adrian Burns

Others who got it right

- Federal Bridge Corporation (5 out of 9 board members are women)

- International Development Research Centre (5 out of 7 board members are women)

- Canadian Museum for Human Rights (7 out of 10 board members are women)



Board of the Laurentian Pilotage Authority. SUPPLIED

Got it wrong

The Laurentian Pilotage Authority and the Canadian Dairy Commission are the only Crown corporations currently without any women on their boards.

The only thing in the photograph of the Laurentian Pilotage Authority's board that sticks out is the bow tie.

The seven members of the Crown corporation's board are all white — and all men.

A review by Metro Ottawa found the authority, along with the Canadian Dairy Commission, are the only two of the federal government's 42 Crown corporations without any women on their boards.

The authority manages sea traffic in the St. Lawrence River, helping to guide large ships through the river and into harbours.

Pilotage authority CEO Fulvio Fracassi said they're aware there is a problem and they are encouraged by the federal Liberal government's efforts to open up board memberships.

"The Laurentian Pilotage Authority is fully supportive of this initiative and we're collaborating with the minister's office and Transport Canada," he said.

Fracassi said that while the federal cabinet approves the agency's board members, they

reach out to industry to find suitable candidates and are encouraging companies to look within their ranks for potential board members.

He said some of the current board members' terms have expired and they hope to have replacements soon.

The government has three other Crown Corporations with similar mandates — the Great Lakes Pilotage Authority, which has seven seats and one woman on its board; the Pacific Pilotage Authority, which has seven seats and three women; and, the Atlantic Pilotage Authority, which has seven seats and three women.

The industry remains largely male-dominated, Fracassi said, making it harder to find candidates from which to draw.

"The industry itself is not very diverse," he said. "If you look at the number of pilots it's primarily composed of men."

No one from the Canadian Dairy Commission was available to speak with Metro, despite repeated attempts over several days.

RYAN TUMILTY/METRO

Others who got it wrong

- Canadian Dairy Commission (Not one of the board members is a woman)

- Great Lakes Pilotage Authority (1 out of 7 board members is a woman)

- Marine Atlantic (1 of the 10 board members is a woman)

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The industry itself is not very diverse. If you look at the number of pilots, it's primarily composed of men.

Pilotage authority CEO Fulvio Fracassi

When Putin calls, Trump answers

U.S. POLITICS

Russian leader, president-elect talk terrorism, stronger ties

Russian President Vladimir Putin and President-elect Donald Trump spoke over the phone Monday to discuss future efforts to improve the U.S.-Russian ties, the Kremlin and Trump's office said.

"President-elect Trump noted to President Putin that he is very much looking forward to having a strong and enduring relationship with Russia and the people of Russia," Trump's office said in a statement.

The Kremlin said that Putin congratulated Trump on his victory and expressed Russia's readiness to "establish a partner-like



Vladimir Putin called Donald Trump on Monday to "offer his congratulations." LEFT: THE ASSOCIATED PRESS; RIGHT: AP/GETTY IMAGES

dialogue with the new administration on the basis of equality, mutual respect and non-interference in domestic relations."

Trump's office said that Putin called him to "offer his congratulations on winning a historic election."

"During the call, the two leaders discussed a range of issues including the threats and challenges facing the United States and Russia, strategic economic issues and the historical U.S.-Russia relationship that dates back over 200 years," it said.

In its readout of the phone call, the Kremlin added that both Putin and Trump agreed that the U.S.-Russian ties are in "extremely unsatisfactory" condition now.

"They spoke for active joint work to normalize ties and engage in constructive co-operation on a broad range of issues," it said, adding that Putin and Trump emphasized the need to develop trade and economic co-operation to give a strong basis to U.S.-Russia relations.

Putin and Trump also agreed on the need to combine efforts in the fight against their No. 1 enemy — "international terrorism and extremism" — and discussed the settlement of the Syrian crisis in that context, according to the Kremlin.

It said that Putin and Trump agreed to continue phone contacts and to plan a personal meeting in the future.

THE ASSOCIATED PRESS



NEW ZEALAND SCARED COWS Three cows stand stranded near Kaikoura, New Zealand, on an island of grass in a paddock that was ripped apart after an earthquake Monday that triggered landslides and a small tsunami. New Zealand planned to send in military helicopters and a navy ship to rescue about 1,000 tourists and hundreds of residents who were stranded in the coastal town of Kaikoura after train and vehicle access was cut off. NEWSHUB/THE ASSOCIATED PRESS

ITALY

McDonald's made a Nutella burger, because of course they did



There's no meat in the Sweet 'n' Salty Nutella. MCDONALD'S ITALY

McDonald's Italy has added a new item to its menu: the Nutella burger.

The announcement of the "Sweet 'n' Salty Nutella" on the restaurant's Italian Facebook page late last week caused an online frenzy.

Before panic could set in, it became clear that the "burger"

is, in fact, meatless.

It consists of only a bun filled with Nutella.

By midday Monday, the Facebook post had been shared more than 90,000 times and received more than 73,000 comments.

The burger will cost two euros and be served at all 540 McDonald's and McCafés in Italy,

according to a press release.

"Sweet 'n' Salty is the sweetest burger ever sold at McDonald's," read the press release.

Social media users from across the world rejoiced over the fast food chain's newest menu addition. But many were disappointed it's not yet offered outside of Italy. But others were not so

pleased with the new burger.

The Nutella burger is not the first specialty item McDonald's has offered over the years. To name only a few, in the past they have also made McRice Burgers in the Philippines, Mclobsters in Canada, McFalafels in Israel, and, in Japan, Squid Ink Burgers. TORSTAR NEWS SERVICE

WIKILEAKS

Julian Assange questioned about Sweden sex assault
Prosecutors were finally able to question WikiLeaks founder Julian Assange Monday about a possible sex crime in Sweden six years ago.

They did not comment on the closed-door proceedings at the Ecuadorian Embassy in London where Assange has lived for more than four years to avoid extradition to Sweden and possibly to the United States.

The long-delayed interview is expected to continue Tuesday and possibly extend beyond that. Assange's version of events, and a possible DNA sample, will shape Swedish prosecutors' decision on whether to charge him.

THE ASSOCIATED PRESS

Manning asks Obama to commute her sentence
Chelsea Manning, who is more than six years into a 35-year sentence for leaking classified government and military documents to WikiLeaks, is asking U.S. President Barack Obama to commute her sentence to time served.

In a commutation application released by her attorneys, the transgender soldier said there was no historical precedent for such an extreme sentence for the leak of secret documents.

Manning was arrested in 2010 and convicted in 2013 in military court of six Espionage Act violations and 14 other offences for leaking more than 700,000 secret military and State Department documents, plus some battlefield video to WikiLeaks. THE ASSOCIATED PRESS

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REFLECTION

Never far from Fidel

When Metro graphics editor **Andres Plana** found a picture of his grandmother cheering Fidel Castro in a 1959 issue of Life, he uncovered a part of his family's history and gained new perspective on the world and the power of photography. As Justin Trudeau embarks on a historic trip to Havana, Andres reflects on the regime that altered the course his life.



Andres Plana
Metro | Toronto

Recently, I was in a WhatsApp group chat with members of my rather large extended family. Hailing from Latin America, we've dispersed around the world looking for better lives. Some have gone as far as China and Dubai. We maintain this chat as the best way to stay in touch.

On this particular day, out of nowhere, my brother posted an image with Fidel Castro shaking hands with a crowd in Havana. Not knowing what it meant, I disregarded it until my girlfriend told me my grandmother and aunt could be seen in the crowd.

Shaken, I immediately called my grandmother, Maria Amparo Cabrera de Plana (everyone calls her "Chiche"), in Miami. "Oh yeah, the photo with Fidel," she said, as matter-of-factly as could be. She sounded almost purposefully unimpressed.

I was suddenly obsessed with finding a physical copy of the photo, which my family told me had been published in Life Magazine. I searched public libraries, I contacted the archives at Time Inc. and I scoured Amazon and eBay, where eventually I found two copies of the Jan. 19, 1959 edition, dedicated to the man whose charisma helped drive the Cuban revolution to victory.

I had the magazine, but it still wasn't enough. My grandmother had been present — physically present — at a moment that changed the world. I had to talk to her in person.

I bought a ticket to Miami and soon found myself blasted by AC while sit-



A scan of the original Life magazine spread documenting Castro's parade in Havana

Chiche Cabrera's face among the jubilation

ting in my aunt's dining room. My father, my sister and I wide-eyed and rapt, my beautiful grandmother dressed up because she knew she was getting her photo taken — all of us flipping through that issue of Life, page by page, travelling back in time.

It was 1959. The revolution led by Fidel Castro, his brother Raul and Ernesto "Che" Guevara had just taken down the dictator, Batista. It was a time of celebration. Castro didn't have to hide during those early parades, my grandmother said. (A curious remark, it seemed to me.) "He had his route planned," she told me, in Spanish. "He wanted there to be lots of people on the streets with him."

The euphoria of that day didn't last, of course. The imprisonments, the executions, the fear — they came quickly.

Within six months, my grandparents, along with my dad and his two siblings, had fled to Mexico. Ten years later, they moved to Venezuela — where I was

born — to follow the oil industry. Cut to 1998: Venezuela elects Hugo Chavez, who cultivates a close alliance with Cuba. Once again, the story of my family became entangled with Castro.

Over time the situation in Venezuela deteriorated. Eventually we decided, again, that we needed to leave. This is how I came to Canada.

Today, Justin Trudeau travels to Cuba, and for a third time the public legacy of the old revolutionary-

turned-dictator intersects with my family. I hope this time it's for the best.

I don't want to hate Fidel Castro. After all, in a weird way, he made me what I am.

Still, I know that I'll always have someone to blame for the sadness I feel when I wave goodbye to my family at the airport, hoping to see them again soon.



Chiche Cabrera, the author's grandmother, looks at the Life spread in Miami earlier this year. ANDRES PLANA/METRO

Don't kid yourself — it could happen here, too

INSIDE THE PERIMETER

Shannon VanRaes



We are not special, we are not exceptional and we are not without hatred. Our freedoms are not inherent, they do not flow from our glacial waters, they do not roll forth from our great plains, they are not chiselled into the Canadian shield.

Our freedoms come from fragile and hard-won social licence, they come from laws written on paper and they can be destroyed with the stroke of a pen, with the casting of a ballot, by the silence of the media or the indifference of the public. Our freedoms are cloaked in the shadow of colonialism, many are recent and none are irrevocable.

We are precarious, we are flawed and we are at risk.

While many Canadians spent the week following the U.S. election counting their lucky stars they live north of the 49th parallel, taking to social media to soothe themselves with pride-filled hashtags, others were celebrating Donald Trump's ascendancy.

A poll released by Mainstreet/Postmedia last week found that 20 per cent of Canadian men and 15 per cent of Canadian women would have voted for Donald Trump.

Canadian Trump support is highest in Manitoba: 28 per cent. That's no fringe element — that's people in your office, your job site, your neighbourhood, even your home. Recall: Trump only needed the support of 27 per cent of eligible voters to become America's next president.

The same poll showed that 26 per cent of Albertans and 25 per cent of Saskatchewanians also supported the Klan-endorsed Republican leader.

It's worth noting that in 2011 Stephen Harper won a majority government after receiving support from less than 25 per cent of eligible voters. Unless our electoral system changes drastically, our governments can be elected by small fractions of the population. The same principle elected the late Rob Ford as mayor of Toronto — a man who routinely denigrated women, immigrants and minorities.

In the Ontario riding of Simcoe-Grey, our electoral system has twice elected a steaming pile of hate known as Conservative leadership hopeful Kellie Leitch, who supported the "Barbaric Culture Practices Tip-line" and says she shares many of Trump's values.

I'm relieved that I live in Canada and I'm proud of the things we have accomplished as a nation. But complacency isn't an option going forward. We need to be rigorous in examining ourselves.

That so many Canadians either agree with Trump's xenophobia or feel so marginalized by society that they would overlook it in the hopes of a better life should be a wakeup call. America is not the yardstick by which to measure Canada's success. To say that we are doing better than our southern neighbours is like saying, "Sure, the car flew off the bridge and it's sinking, but, hey, at least we're not on fire."

Canada, we must do better — not just better than America.

We must be reflective, we must be inclusive and we must ask hard questions about why Trump's message resonates with some of our friends and neighbours. What we cannot do is be smug or confident, because hate can cross any border and it can climb any wall.

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Judge orders Brendan Dassey, one of the subjects featured on Netflix's *Making a Murderer* documentary, released from prison.

DON'T GO VIRAL YOUR GUIDE TO 21ST CENTURY STIS

Many of us think sexually transmitted infections only happen to other people. But outbreaks are popping up around the country, and infection rates, even of practically forgotten diseases like syphilis, are increasing in nearly every age group. Right now no one is quite sure why. It might have to do with unprotected oral sex, or increasing IV drug use. Even hookup apps like Tinder and Grindr have taken some of the blame (though no studies have yet shown they're any more likely to result in STIs than meeting people the old fashioned way). We all know using condoms and getting tested regularly are the best defence, but **here's what else you need to know.**

GENNA BUCK/METRO



CHLAMYDIA

What is it? A bacterial STI that can cause itching, discharge and burning during urination in both sexes. Women sometimes have bleeding between periods or after sex, but often have no symptoms at all. In the long term, it can cause pelvic inflammatory disease in women and infertility in both sexes. It may infect the eyes, mouth and rectum as well.

What's new?

Chlamydia has been rising in Canada since the 1990s. It increased by 72 per cent from 2001 to 2010 alone.

GONORRHEA

What is it? A bacterial STI with very similar symptoms and long-term consequences as chlamydia, though it's much less common. Only a lab test can tell for sure. Unlike chlamydia, gonorrhea can, rarely, cause a serious disease with high fever and swollen joints.

What's new? Gonorrhea increased by 40 per cent from 2003 to 2012. Some cities, like Toronto, have seen a jump since 2015.

What can be done? Condoms and testing are the best defences against chlamydia and gonorrhea. Treatment is antibiotics. For gonorrhea, which is resistant to all but a few, you might need several different drugs.

HIV

What is it? Human immunodeficiency virus (HIV) is a blood-borne virus that attacks the immune system, leaving you vulnerable to infections. You can get it through sex (anal, vaginal or oral), or blood, such as by sharing needles, or (historically) receiving a blood transfusion. It can also pass from mother to child. Drugs called antiretrovirals can prevent HIV from developing into life-threatening Acquired Immunodeficiency Syndrome (AIDS).

What's new? There's good news and bad news. Thanks to modern medicine, HIV-positive people are living long, healthy lives with little to no chance of infecting others. On the other hand, there have recently been new outbreaks of HIV reported in places like Saskatchewan, the B.C. interior and London, Ont.

What can you do?

Use condoms and (obviously) don't share needles. People at high risk can also consider pre-exposure prophylaxis (PrEP), a daily pill that can prevent HIV from taking hold in the body even if you're exposed.

SYPHILIS

What is it? Syphilis is a bacterial infection that can progress into a devastating disease if left untreated. It's spread by sex as well as from mother to child. In adults, syphilis usually starts with a firm, painless, often-overlooked sore called a chancre on the genitals. Second-stage symptoms are fever, malaise, headache and a spotty red rash. The infection can then hibernate in the body for up to 15 years before reappearing in any number of nightmarish forms. As a progressive, severe neurological and psychiatric condition, as heart disease, or as large, tumour-like lumps all over the body.

What's new? Toronto has seen a scary spike in syphilis over the past year, mostly in gay men. Public health officials think unprotected oral sex may be to blame.

What can you do?

Use condoms! Thanks to antibiotics, syphilis is now curable. It has a nasty habit of showing up in people who have HIV, and it's one reason it's important to have safe sex even if you're HIV positive and only have sex with other HIV-positive people. That's true for many STIs: One type often leads to another, because sores or irritated skin give germs an easier path into the body.

HPV

What is it? Human Papilloma Viruses (HPV) are sexually transmitted viruses that cause genital warts and can lead to heck, neck, mouth, throat, cervical and penile cancers.

What's new? There's been a steep rise in mouth and throat cancers in Canadian men (56 per cent between 1992 and 2012). Smoking and drinking are definitely culprits. But emerging research shows HPV is a much more important risk factor than previously thought.

What can you do? HPV is crazy common, and because it infects many parts of the body, condoms only provide partial protection. For women, getting a pap test every three years (or more often if you're high risk) can catch HPV-related changes early, when they're more treatable. Vaccinations are available for boys, girls and adults (coverage varies by province) against the nastiest strains of HPV. They've been shown to dramatically reduce cervical cancers caused by the virus.

HERPES

What is it? Genital herpes is a common infection caused by the same virus as cold sores. In some people, it appears as an outbreak of blisters around the genitals, rectum or mouth. They burst and leave painful sores that take weeks to heal. Others have few or no symptoms. Herpes is lifelong, but outbreaks usually become less severe and frequent as years pass. You can pass herpes on whether or not you're having symptoms.

What's new?

Several therapeutic vaccines (for people who already have herpes) are in the works. A 12-month clinical trial published last month found a 65 per cent reduction in outbreaks among people who had the vaccine. And there's hope for a preventative vaccine in the future.

What can be done?

Condoms lower the risk of passing on herpes, but don't eliminate it. Antiviral medications can help clear up an outbreak and reduce your chance of infecting someone else.

WHAT TO SAY?

Asking a new partner about STIs, or telling them you have one, is just the worst. But it has to be done, says Jenelle Marie Pierce, founder of The STD Project.

On her site she cautions against the question "Are you clean?" because absolutely anybody who has sex can get an STI. Having the bad luck to contract one doesn't make you dirty.

Deciding how and when to tell a partner you have an STI is even trickier: It's not the most important thing about you, so disclosing on a first date seems like a bit much. But if you wait until you've gotten close, the news can come as a shock.

Pierce has only one rule about when to disclose: **You have to have the conversation before you have sex — any kind of sex.** Other than that, it's up to you.

Her advice:

- Talk in person, and in private. No texts!
- Be honest and positive about yourself and your STI.
- Share the facts in a no-nonsense way and answer questions.
- Then leave, and give them some time to digest the facts on their own.
- Lastly, (this is easier said than done) do your best not to take their reaction personally.

Don't get burned by charcoal hype

ACTIVATED CHARCOAL THE REALITY

• Charcoal is porous, so it absorbs whatever is around it — good, bad, or otherwise, says Julia Carroll of Compass Dermatology. "So when you transition it into the beauty world, it can absorb oils, dirt, and water as well," she says.

• If you're drinking a charcoal-infused juice, it could be extracting all the healthy nutrients from the drink, adds Clare Wiseman, who is with Dalla Lana School of Public Health.



Lauren Pelley, pictured, didn't see or feel any difference in her skin after using an activated charcoal face mask. Experts she talked to on the subject also debunked some claims the beauty industry has made about the benefits of charcoal. CONTRIBUTED/TORSTAR NEWS SERVICE

COSMETICS

Experts say it isn't helping our teeth, skin and hangovers

Lauren Pelley
Torstar News Service

According to bloggers and women's magazines, the beauty benefits of activated charcoal are numerous. You can use charcoal face masks to unplug your pores, charcoal toothpaste to whiten your smile, and drink charcoal-infused juices to "detox" your gut.

Last year Allure called activated charcoal "the beauty ingredient of the moment. And on Gwyneth Paltrow's blog Goop, a Hollywood juicery's charcoal lemonade made her best juice cleansers round-up. It is called "delicious, despite the suspiciousness of drinking montmorillonite clay and activated charcoal." You'll also find the black stuff in everything from face creams to ingestible capsules. But does it live up to all the hype?

After testing out a charcoal face mask for myself — a \$35 offering from Clinique that made my skin feel temporarily extra tight and oil-free — I went to the experts.

Clare Wiseman, an assistant professor with both the Dalla Lana School of Public Health and with the University of Toronto's School of the Environment, explains activated charcoal is created by burning material — ranging from petroleum-based products to coal, wood, or coconut shells — to create a char that

is treated through high heat and an activating agent, enabling it to absorb more contaminants.

It's used in air filtration systems and given to patients during accidental poisonings. That second usage in emergency rooms is where a lot of the "lore" comes from with charcoal, says Dr. Julia Carroll, founder and director of Toronto-based Compass Dermatology and a lecturer at the University of Toronto.

"It's porous, so it absorbs whatever is around it — good, bad, or otherwise — so when you transition it into the beauty world, it can absorb oils, dirt, and water as well," Carroll says. Charcoal is safe when used topically, but could irritate sensitive skin, she adds.

What about using it internally? Charcoal-infused drinks and pills are trendy, but Carroll questions their efficacy.

"People say it helps hangovers and toxins, but there's no evidence for that," she says.

And charcoal's spongelike quality also means good nutrients could be absorbed alongside the stuff people want to get rid of.

"It doesn't discern between good and bad," Carroll explains.

In other words, if you're drinking a charcoal-infused juice, the charcoal could be extracting all the healthy nutrients from the drink. "It potentially defeats the purpose," says Wiseman.

"It could potentially absorb all the good stuff as well, and your body would be wasting those nutrients."

Another popular charcoal usage — teeth whitening — also raised eyebrows among the experts.

Despite claims that charcoal

can bind to plaque, there's no evidence it really works, says Wiseman.

"I can't see any advantage of using (activated charcoal) as a toothpaste substitute," says Toronto dentist Dr. Jeff Shnall. Regular toothpaste is quite effective at stain removal, and gentler on dental work than abrasive activated charcoal powder, he adds.

While charcoal can scrub superficial stains off teeth, Shnall says the grains could find their way into the crevices and teeth and dental work, which could be tricky to remove. At best, he says, the charcoal would only remove surface stains, limiting its whitening ability because it doesn't penetrate teeth like professional whitening products.

From a price perspective, charcoal-based products are often on par with other beauty buys. (There are various charcoal toothpastes and face scrubs online for less than \$10, for instance.)

But with a lack of evidence supporting its use, charcoal doesn't live up to the beauty blogger buzz — but if brushing your teeth with it or lathering on a black face mask is your jam, it probably won't hurt you, either.

"It's not something that's in my regular routine to recommend," Carroll says. "If someone's using a charcoal-based product and they're happy with it, I won't stop them."

In my case, using a charcoal face mask on my always-sensitive skin didn't seem to have any long-lasting effects. My T-zone was oily within a few hours, my pores didn't seem to shrink, and I actually spotted a couple new breakouts. Sigh.

I'll stick to my drugstore soap.



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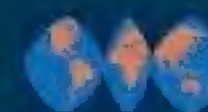
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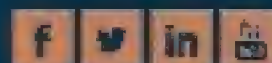
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LEARNING CURVE

The perils of post-secondary plagiarism

As due dates loom and post-secondary priorities pile up around you, cutting corners may seem the only way to keep afloat academically this semester. But whether it's a notion recalled accidentally from a scholarly text or words deliberately lifted from the web, instances of plagiarism can wreak havoc on a student's academic path.

"Plagiarism, in any context, is using words, ideas, concepts, intellectual or the creative work of other people without giving those people recognition," says Fiona Green, chair of the senate academic standards and misconduct committee at the University of Winnipeg. "And it doesn't matter if one forgot to reference them; it is still



STOCK

plagiarism. Intent is not the issue, the act is."

With consequences from a knocked down grade all the way to expulsion, Green recommends avoiding plagiarism at all costs by taking precautionary steps every time a project is completed.

"Have someone else read the paper and have a discussion about it," advises Green as a start. "Can the student explain the ideas and argu-

ments in the paper at the same level as what is written? If not, they are likely those of someone else and need to be referenced."

She adds that students should always make a sweep of the internet, where many fall prey to inadvertent parroting. "Do a search online for groups of words or sentences from the paper," says Green. "If they show up online, they are not original thoughts and need to be referenced."

Catherine Bolton, vice-provost of teaching and learning at Concordia University reminds that the issue of plagiarism can often rear its ugly head before the project has even begun.

"Many of these slips relate to time management," says Bolton. "Rushing at the end so that the student doesn't take the time to do that all important final read through."

"Obviously, one good way to avoid these types of problems is to give yourself enough time to complete the assignment," says Bolton, adding that being overtired can also cause students to miss vital details.

In the process of completing the assignment, Bolton further recommends that students change fonts and font colours for direct quotations and for paraphrases, so that they can see each one easily when they are doing their final edits. And when push comes to shove, a good break from a paper might be the key to avoiding the pitfalls of this all-too-common error.

"Put your work aside for an hour or two and then go back to it," says Bolton. "Mistakes can jump out at you when you read it with a fresh mind."

-LIZ BEDDALL

Find and rewarding career in addictions and community service

Addictions and Community Service Workers are on the front lines in Winnipeg, working with those who are struggling with addiction and mental health issues to help them find a better life.

That's why this November, CDI College's Winnipeg campus created a new \$3,000 scholarship for students who enter the college's Addictions and Community Service Worker program. The Ian Rabb Scholarship honours a local leader in the addictions treatment community.

CDI College created the scholarship to bring more awareness to addictions and recovery and create more educational opportunities within the community.

The goal behind it is to encourage and support the training of qualified addictions workers in the community.

Ian Rabb, whom the scholarship was named for, is an international speaker who specializes in topics including substance abuse, addiction, and recovery.

Among his many achievements, this year he was recognized by Our Manitoba Heroes for his outstanding work within the community.

Any student that starts and completes the Addictions & Community Services Worker diploma program at the Winnipeg



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campus is eligible for the scholarship.

The program provides students with a toolkit of knowledge and clinical skills to provide one-on-one help for those who are most in need.

Students will learn specialized techniques such as interviewing, relapse prevention and intervention, and put their skills into action with a practicum in the field.

For more information on CDI College's Addictions and Community Services Worker Program, call 1-800-360-7186 or visit studyacsw.cdicollege.ca.

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Play a vital role in health care

For those interested in a career in health care and what a program that gives them a variety of career options after graduations, the Robertson College nursing unit assistant program gives students the skills and knowledge needed to be successful in a number of different areas of health care.

"Our programs are designed for anyone wanting to work within the health care field, enjoy working with others and want to make a difference in people's quality of life," says Amanda Young, faculty head of health, Robertson College, Winnipeg Campus. The nursing unit assistant program is a combination of the health care aide (HCA) program and health unit clerk (HUC) program. Students start with the HCA program, and then return to class to complete the HUC program.

"Students are trained on the holistic approach and caring for the "whole" person," says Young.

Most HCA's work under the supervision of nurses or allied health care professionals.

"Health care aides play a vital role in the health care industry by helping individuals with many aspects of daily living and management of ongoing medical conditions," says Young.

Unit clerks assist physicians and other health-care providers with transcribe and process physician orders, schedule patients for tests and treatment, as well as maintain patient records and charts. "Unit clerks play a vital role in managing information flow in a hospital nursing unit and are often the first point of contact for patients and their families," says Young.

Unit clerks are located in a number of different facilities including hospitals and medical centres.

"Health care is an ever growing profession from medical office assistants to HCA's, as there will always be a need for industry professionals," says Young.

"Having knowledge and understanding of both careers will enhance the student's success, knowledge and comprehension of the bedside care and administration skills."

The nursing assistant program is recognized by major Health Employers in Manitoba and Robertson grads have been successful at finding work in this field.

"Our most current graduates of the NUA program work within hospital based settings, long term care facilities or private agencies," says Young.

Robertson College continues to work closely with current and prospective employers. "Ongoing education and training of our staff is mandatory to ensure that what is being taught in the classrooms, labs and in their practicum is current and relevant to the industry expectations," says Young.

For more information about the nursing unit assistant program at Robertson College and upcoming intakes, visit robertsoncollege.com/programs/health-care/nursing-assistant.

LEARN ABOUT THE BENEFITS OF AROMATHERAPY

Aromatherapy can have the power to increase general wellness and improve one's daily life.

Through the aromatherapy course for registered massage therapists at Wellington College, attendees can learn about all the benefits this treatment can have on individuals and learn how to bring this technic to their clients.

"One of the reasons that aromatherapy has become so popular is because it uses a holistic approach, whereby the aromatherapist takes into account a person's medical history, emotional condition, general health and lifestyle before planning a course of treatment," says Vanessa Stiles, Equip Massage Supply Store manager.

"Aromatherapy is one the most popular forms of complementary therapy designed to treat the whole person and not just the symptom or disease by assisting the body's natural ability to balance, regulate, heal and maintain itself."

Stiles says some of the common health benefits of aromatherapy include its ability boost energy levels, reduce depression and anxiety, improve cognitive performance, reduce pain, increase circulation, improve digestion, strengthen immune system, eliminate headaches and induce restful sleep.

In this program, participants will learn the

origins, Latin names and properties (or specific use and benefit) of 20 essential oils.

Participants will also learn to blend for the client's specific needs and how to safely apply those oils to massage therapy.

They will also be introduced to different carrier oils and methods of application.

This workshop has been approved for eight secondary credits through the MTAM.

This workshop will be instructed by Barb Cantley, RMT and will take place at Wellington College on Dec. 2 to Dec. 4.

Special pricing is available to Wellington College students and alumni.

Although this particular workshop is not open to the public, Wellington College plans to hold a series of mini workshops, which will be open to the public in the early spring of 2017.

These workshops will cover aromatherapy basics, safety guidelines when using essential oils, and basic blending.

And to stock up for this workshop, the Equip Massage and Supply Store is having a Black Friday Sale, where everyone can enjoy 20 per cent off everything in store and online.

For more information about Wellington College or to register for this course, visit wellingtoncollege.com.



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From enduring struggle to finding professional success

It was the struggle and strife that Herzing College graduate Afsana Nodrat had to endure before she ultimately found success.

Growing up in Kabul Afghanistan, Nodrat had access to education until the ninth grade, until her all girls school was destroyed by a bomb.

Shortly after this, at the age of 15, Nodrat was married, preventing her from pursuing any further education.

Once she arrived in Winnipeg in 1995 after escaping Afghanistan, she struggled to learn English from the television.

Although she was interested in pursuing an education, and even tried to attend ESL classes, she found it too difficult to balance school with taking care of her family — which eventually included four children.

"After more than 10 years in Canada, I was able to convince my then-husband to let me finish high school on a part-time basis through adult education," says Nodrat.

"He didn't think I would be able to manage things at home and school but I was very deter-

mined and was proud to graduate in 2008."

Difficulties in her marriage, caused by domestic abuse she had been enduring for years, finally led her to flee her marriage with her three children.

She spent the next two and a half years navigating the social services system — with tremendous support from the Winnipeg Police Service, and Victim Services.

"These individuals changed our lives for the better and provided us with the hope and empowerment to move forward," says Nodrat.

"It was there that I decided to work in a job where I can pay it forward and be a support to the community."

Motivated to prove her ex-husband wrong, she enrolled in the community support worker program at Herzing College.

Nodrat successfully completed the program and managed to secure two jobs as a peer outreach worker in the community housing with supports program at Canadian Mental Health Association, Manitoba and Winnipeg, and as a peer support worker with Sara Riel Inc. in the



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Seneca Respite Service program.

She is also now enrolled in the University of Manitoba's bachelor of social work program with the long term goal of being able to continue

working in the mental health field as a direct support worker in the community. For more information about the programs offered at Herzing College, visit herzing.ca/winnipeg.



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LEARN MORE BY STEPPING RIGHT INTO THE WORKFORCE

It is one thing to learn about a new career through books and classroom instruction, but it is something completely different to step into the workforce and put that knowledge to the test.

That is why the internship component in PACE's (The University of Winnipeg Professional, Applied and Continuing Education) program is such a valuable tool to their students.

While the program is completely optional at the end of each program, majority of the students try and take advantage of this game-changing opportunity.

"The internship really helps students immerse themselves into the work environment," says Gina Aiello, program administrator and internship coordinator, PACE.

This internship component gives students the chance to network within their field of study, gain confidence in the skills they learned in class, and really understand what the industry they worked so hard to enter is really like.

"The internship gives that edge and builds a bridge between education and that job," says

Aiello.

"It is competitive out there and you need any little advantage you can get."

Aiello says that many of the students she has helped place have ended up with some really great jobs within those organizations.

While most students want to take part in this internship component, they must first meet PACE's requirements to do so.

These requirements include, classroom conduct, GPA, and have the ability to work with others. Once students meet this criteria, Aiello will work with the student on their applications and then help the organizations find the right student for their position.

"It is treated like a job search," she says.

While on their internships, students do not have to go it alone. Throughout the internships, students are placed with a mentor onsite.

This will allow the students to have a better view of the day-to-day operations of the organization.

"When students are in the classroom for a year, they might not even know what a real board meeting looks like," says Aiello.



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This internship component gives student an opportunity to experience common workplace events in a safe environment under the guid-

ance of their mentor. For more information about the internship component at PACE, visit pace.uwinnipegcourses.ca.

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JULIE THERRIN,
Graduate, Masters Certificate in Project Management
Business Development Officer, Hydro International

BE INSPIRED TO FOLLOW YOUR PASSION IN LIFE

One usually never knows when or how inspiration to follow their dreams will hit them and for Red River College photography student Samantha Lussier, her inspiration came in the form of an 11-year-old girl in need of a liver transplant.

"Alexis Siebrecht suffered from a rare liver disease called biliary atresia and her mother Liz had posted on Facebook that they were looking for a living donor for Alexis as her condition had become critical," says Lussier, a student in the professional photography program at RRC.

"My mother was friends with Liz on Facebook when I heard that they were looking for a living donor with an O+ blood type, I offered to get tested."

Although Lussier passed the first round of testing, she ultimately discovered she was not a match for a live liver donation.

Disappointed, Lussier was still determined to help the Siebrecht family any way she could because she understood the toll a disease like this could have on a family.

"My mother suffered from hepatitis C for a

long time, so I know first-hand how hard a life-threatening disease can be on a family," says Lussier.

Lussier decided to hold a fundraiser for Alexis and her family.

The Bud Spud & Steak fundraiser was a big success, raising over \$30,000 for the Siebrecht's.

"Meeting her and going through everything I did with her and her family was a turning point in my life," Lussier says.

"Here was this 11 year old girl who had been sick her entire life and you would never know it — she was happy, polite, gracious and living every day to the fullest. Siebrecht made me realize that I had to do the same, I needed to follow my dreams and do whatever it took to make my dreams come true, that is when I started to get serious about my photography and look at it as more than just my hobby, it was my passion and what I wanted to do for the rest of my life."

This is what led Lussier to the professional photography program at RRC to pursue her



PHOTO BY SUMMER MICHELL

dreams of becoming a professional photographer — specializing in event and boudoir photography.

When she completes the program, she plans to also continue giving back to her community any way she can.

Photo credit: Janelle Lagasse, 2012



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INTRODUCING THE WORLD CUP OF COMMERCE

This fall, 50 international students began their first day of classes for the recently added Applied Business Management program. With most coming from a business background and education, the enrolled students represent a world of new opportunities in Winnipeg and beyond.

Manveer Dhillon, Extended Education program administrator, describes the program as "a great first step into the Manitoba, Canadian, and North American business environment". He continues, "Specifically designed for international students, the program includes career success workshops, mentorship opportunities, and a path to professional designation with the Canadian Institute of Management (CIM)".

In addition to the Certificate in Management and Administration and the Letter of Accomplishment: Career Success in Canada, the intensive twelve month program provides a language needs assessment, as well as language and study support. Dhillon explains, "The University of Manitoba and Extended Education are highly experienced in providing education to visiting students. This program is an evolution of that tradition".

Dean of Extended Education, Gary Hepburn adds, "We're incredibly proud of the early success of the Applied Business Management program". He continues, "It speaks to the power of the University of Manitoba brand, and its strong reputation in the global market. People from around the world travel vast distances to gain new knowledge and skills in the Canadian business environment and to earn well regarded credentials from the University through Extended Education".

Dean Hepburn concludes, "By earning a Letter of Accomplishment, and a Certificate from Extended Education, graduates from the program will be well poised to contribute to our business communities, should they decide to immigrate to Manitoba. Like all U of M graduates, these trailblazers and innovators will play a vital role in the future success of our province".

Visionaries from the far corners of the globe, from China and India to South America will be making the University of Manitoba their home for the next year. Equipped with previous business experience, these globetrotting adult learners truly will add greater diversity to the Manitoba business community.



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Headway clouded by hurt



BOMBERS THIS WEEK

Ed Tait

There's a finality to the scene, a suddenness that hits you across the face like a slap of frigid January morning.

There were the Winnipeg Blue Bombers Monday afternoon on 'garbage-bag day' — less than 24 hours after their 32-31 loss to the B.C. Lions in the West semifinal — cleaning out their lockers and struggling to come to grips with the why, the how and the what-the-bleep-happened of the franchise's first playoff appearance in five years.

There was a sense of frustration mixed with desperation. There were slaps on the backs and hugs and goodbyes. And there was an overwhelming sense of resignation.

The Bombers 2016 campaign ended Sunday in Vancouver with Mike O'Shea's decision to trot out Justin Medlock for a 61-yard field goal attempt rather than gamble on third and four from the Lions' 53-yard-line with 36 seconds remaining.

That call will haunt the Bombers all winter but so, too, should the second-half rally by the Lions that saw them outscore Winnipeg 20-6 while rumbling for almost 200 yards along the ground and 503 yards total.

"We have full belief in our guys, in our coaches. I've seen Justin make that kick before," said quarterback Matt Nichols. "Obviously, there's the cocky side of you that always wants



Justin Medlock's 61-yard attempt with 36 remaining came up short on Sunday at B.C. Place. DARRYL DYCK/THE CANADIAN PRESS

the ball. If you don't have that about you, you probably shouldn't be playing the position.

"It is what it is. Like I said after the game, it wasn't just one play. As an offence we didn't get in the end zone in the second half — we made a bunch of big plays, but couldn't quite finish off a couple of drives — plus when you have a 25-point half and then only a six-point half it allows them to climb back into it.

"For me there's so many more things that happened in that game than what happened at the end of it."

But it's the end of it most will carry into the off-season. The Bombers made some considerable progress this season, turning around last year's 5-13 nightmare into an 11-7 finish that started 1-4, included a QB change and a seven-game win streak before it came to an abrupt end Sunday afternoon.

And so, it's 'Next-Year Country' — again — for the

Bombers, as the Grey Cup drought has now reached 26 years. The steps-taken/progress-made might be the narrative in time, but in the immediate aftermath, the chatter is about an opportunity lost.

"It hurts," said receiver Weston Dressler. "We put in a lot of work, a lot of time, to have this opportunity. And when you play with guys that you fall in love with for a whole season, this family that we've formed, it hurts.

"I don't think there was any point in that game where it crossed anyone's mind that we were going to be done. We had full belief that no matter what situation we were in we were going to find a way to win it. Unfortunately, they just made a few more plays than us at the end to win it."

Ed Tait is the Blue Bombers director of content. Follow him daily on Twitter (@EdTaitWFC) and bluebombers.com.

LOCKER-ROOM CLEANOUT

Bombers ponder changes after playoff flame out

It was a sleep-deprived group of Blue Bombers who cleaned out their lockers Monday.

Quarterback Matt Nichols, who's a pending free agent, said he had difficulty falling asleep as he relived how the Bombers failed to hold the lead in a crushing 32-31 loss to the B.C. Lions in Sunday's CFL West Division semifinal.

"I haven't got much sleep, but it is what it is," Nichols said. "If it didn't hurt, I think that means you don't care enough about it."

"I care an awful lot about that game, about this team. I wish we

could have just found a way to win."

Nichols expects contract talks with the Bombers will soon begin.

"This is my best professional season," Nichols said. "I love the guys here and we'll see if we can't get things worked out."

Nichols took over Drew Willy's starting job when the team was 1-4. He led them to an 11-7 record and a playoff appearance



for the first time since 2011.

Receiver Weston Dressler, one of the team's big signings last January, knows changes will be made in the off-season, but he wants

Nichols and head coach Mike O'Shea back.

"I'd love to have (Nichols) back here," Dressler said. "He's a guy I love playing with. I love playing for him. Just the attitude and the energy that he brings into the huddle, he's a special competitor and special teammate."

"Osh was awesome," Dressler added about O'Shea. "Having just one year with him, I was

He's a special competitor and special teammate.

Weston Dressler on Matt Nichols

really impressed with the way he led this team, but also allowed the players in the room to lead the team as well."

Bombers defensive end Jamaal Westerman, who fell asleep at 3 a.m. but kept waking up to think about the loss to B.C., also referred to the team's chemistry.

"There may have been disagreements, there may have been arguments, but I think for the most part we respected each other, we played hard for each other," Westerman said.

THE CANADIAN PRESS

IN BRIEF

Canadian Moyse to enter World Rugby Hall of Fame
Heather Moyse, whose achievements include three sports and Olympic gold, takes another remarkable step on her career path this week.

The 38-year-old from Summerside, P.E.I., now based in Toronto, enters the World Rugby Hall of Fame in England on Thursday with 11 others in a star-studded class. Moyse is just the second Canadian rugby player to be so honoured, joining former Canadian captain Gareth Rees.

Moyse won Olympic bobsled gold in 2010 and 2014 with Kaillie Humphries.

THE CANADIAN PRESS

NHL plans meetings regarding 2018 Olympics

The NHL hopes to inch closer to a decision on the 2018 Olympics later this week.

League officials will meet with the International Ice Hockey Federation in New York on Wednesday.

No decision with regard to the NHL's position is expected. But the league hopes to learn if the International Olympic Committee has budged at all with respect to money issues currently clouding the process.

THE CANADIAN PRESS

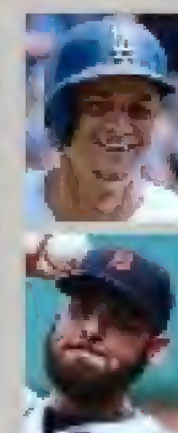
Dodgers' Seager, Tigers' Fulmer named top rookies

Corey Seager won the NL Rookie of the Year award unanimously.

Michael Fulmer took the AL honour — and that vote wasn't all that close, either.

Seager and Fulmer were announced as the winners Monday night. Seager's win was expected after he hit .308 with 26 home runs and 72 RBIs for the Los Angeles Dodgers. The Detroit right-hander Fulmer went 11-7 with a 3.06 ERA

in 26 starts for the Tigers to hold off a late charge from Yankees catcher Gary Sanchez. THE ASSOCIATED PRESS



Seager, top, and Fulmer

GETTY IMAGES

In-form Dak to dethrone Romo

NFL

Cowboys have best record in league with rookie as pivot

The issue is no longer whether Dak Prescott will start ahead of a healthy Tony Romo for Dallas.

Now the question is how far the Cowboys can go with a rookie quarterback after they tied a franchise record with their eighth straight win and a few hours later ended up with the NFL's best record when New England lost to Seattle.

Prescott's performance in the fourth quarter of a wild 35-30 win at Pittsburgh stole any of the surprise there might have been with owner and general manager Jerry Jones declaring afterward that Romo would be the backup Sunday at home against Baltimore (5-4).

It will be a few days shy of a year since the last time the



Cowboys' QB Dak Prescott
JUSTIN K. ALLER/GETTY IMAGES

36-year-old Romo was active for a game. And it has been 10 years since Romo, who broke a bone in his back in a preseason game, wasn't the Dallas starter.

The team's longest same-season winning streak since Roger Staubach took Dallas to the Super Bowl 39 years ago makes the decision easy. "It's just going with the obvious," Jones said. "I get asked about it every time I open my mouth."

“It's not hard. It's not hard at all. Tony would make the same decision.”

Cowboys GM Jerry Jones on the choice to play Prescott ahead of Romo

It's not hard. It's not hard at all. Tony would make the same decision.

"You see what a veteran quarterback can do," Jones added. "But you also see what Dak can do. That was a pretty nice little template to look at right there."

A month ago, the Cowboys figured to have a touchy subject looming. Not now, says Jones. "There is no fragileness about this, with the team or the coaches," Jones said. "Dak is earning his way. Tony has earned his way. Both of them can play quarterback well enough to win games."

THE ASSOCIATED PRESS



NHL LIGHTNING STRIKES WITH EASE AGAINST ISLANDERS

Tampa Bay wing Ryan Callahan, left, celebrates with Lightning teammate Brayden Point after he scores against New York Islanders' goalie Jaroslav Halak, right, during the first period on Monday in New York. Bolts cruised to a 4-0 victory on the night.

KATHY WILLENS/THE ASSOCIATED PRESS

HOCKEY

Recession could see KHL trim its teams

The Kontinental Hockey League, widely considered the world's strongest hockey competition outside the NHL, is considering cutting teams because of financial pressure.

A recession in Russia, where the KHL is based, and the low price of oil have hurt the fortunes of the Russian state-owned companies and regional governments that fund most teams, pushing several deeply into debt.

League president Dmitry Chernyshenko said the KHL board is set to discuss "an optimization of the number of clubs taking part," in comments Monday to state agency R-Sport. "I think it's possible that the league could contract if the board takes that decision," Chernyshenko said.

The move occurs months after a significant expansion with the addition of a team in China, a market also being targeted by the NHL for future merchandising growth.

THE ASSOCIATED PRESS

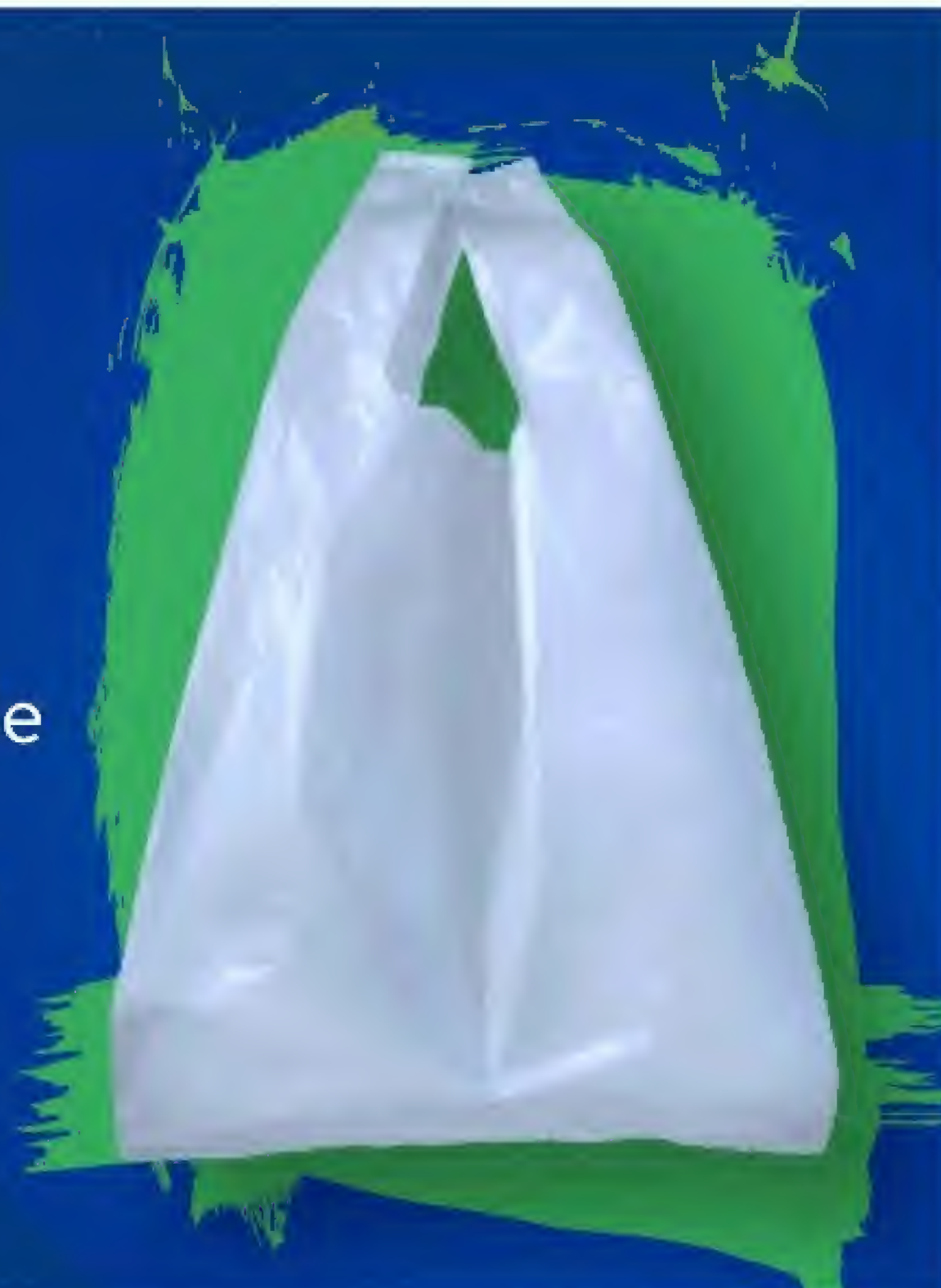
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RECIPE Roasted Dijon Chicken



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



If you add the roasted flavor with the sweet and spicy mustard sauce you get double the deliciousness in this simple one-pot supper.

Ready in

Prep time: 20 minutes
Cook time: Xx
Serves 4

Ingredients

- 6 skinless, boneless chicken thighs
- Salt and pepper
- 1 tsp oil
- 1 minced shallot
- 2 cloves garlic, minced
- 1 Tbsp Dijon mustard
- 1/4 cup apple cider
- 1/4 cup low-sodium chicken broth

Directions

1. Preheat oven to 425 F. Generously season chicken with salt and pepper.

2. Add oil to a large oven-safe skillet over medium heat. Add chicken and cook for 10 minutes (the meat will not be cooked through).

3. Transfer the skillet to the oven. Roast until chicken is cooked through, about 6-8 minutes.

4. Transfer chicken pieces to a platter. Return skillet to medium heat and add shallots and garlic; cook for about 1 minute. Whisk in Dijon mustard, apple cider, broth and a bit more salt and pepper; cook for about 3 minutes. Return chicken to skillet along with juices that have settled on the platter to rewarm. Serve with your favourite sides.

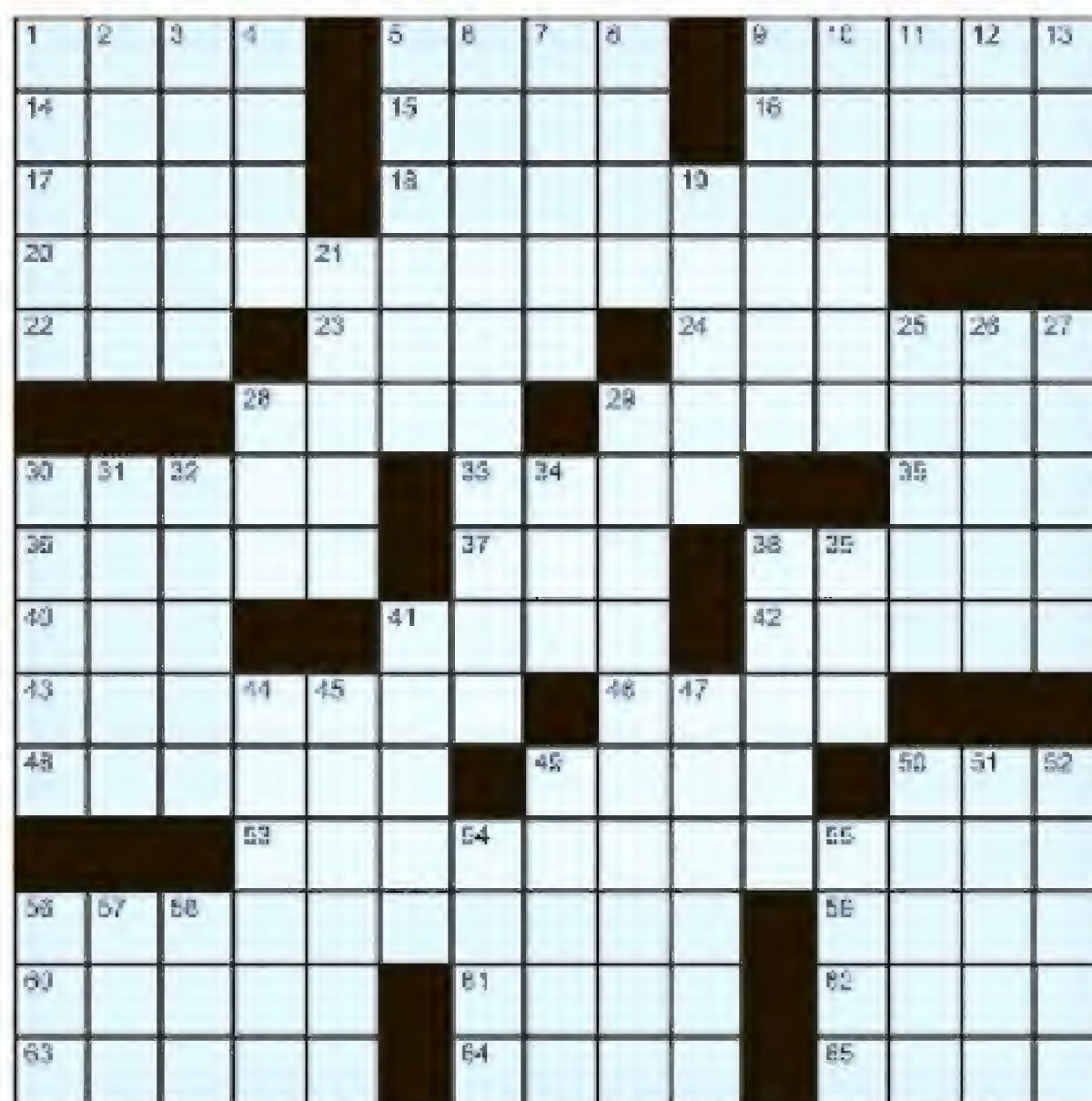
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. __ decision
5. Best-liked, fun-style
9. "___ Frutti" by Little Richard
14. Parlour scoop holder
15. "That's reeally going to happen.": 2 wds.
16. Workers' group
17. One who must pay
18. Eyewitnesses
20. Toronto-born actor (whose famous actor cousin is Raymond) who starred on the 1990s reboot of TV classic "Lassie" as Dr. Donald Stewart: 2 wds.
22. Certain caustic
23. Eyeglasses parts
24. From Madonna's "La Isla Bonita": "When it's time for __, you can watch them go by..."
28. __ and for all
29. Message transmitters
30. Rigoletto opera composer
33. Diplomacy
35. Putrefaction
36. Give off, as confidence
37. River inlet
38. ATM-user's motion with the card, maybe
40. Total
41. __ pickles
42. Not-leaving prisoner
43. Nutrition related
46. Radiate
48. Overseas
49. Barge __ (intrude)



50. Even if, briefly
53. Carriage-pulling horses for The Royals of Britain: 2 wds.
56. Leftover flavour
59. Italian harp
60. Scottish estate proprietor
61. Car's fill-up
62. Long journey

63. Old West prop
64. Della Reese's role on "Touched by an Angel"
65. Hall & Oates' "___ Smile"

DOWN

1. Fiercely frown
2. "Never.": 2 wds.

3. Anoint, olde-style
4. Chipper
5. Material
6. Not balanced, as per patterns or arrangements
7. Travel endorsements
8. Immature newts
9. Listen to the

- radio: 2 wds.
10. Like naturally-hued hair
11. Bond
12. Maple Leafs city, wee-ly
13. Ruler measurements, e.g.
19. Strong point
21. Mr. Coombs of

- "Mr. Dressup"
25. Font flourish
26. Figure of speech
27. Michaelmas daisy
28. Not even, as numbers
29. Do, Re and Mi and more: 2 wds.
30. Roman goddess of the hearth
31. Outlying residential area
32. Hearsay, States-style
34. Feel flu-ish
38. Biblical weapon
39. Drollness
41. Billy Joel hit: "We ___ Start the Fire"
44. Strengths
45. The Rachel, in the 1990s, for one
47. Gourmet mushrooms
49. Debated topic
50. The earth
51. Overly active
52. City of canals in Japan
54. Electro music's ___ Punk
55. City rodents
56. Completely
57. Air travel overseer [acronym]
58. Poetic contraction

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day for study and intellectual discussions. It's also an excellent day to pursue opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
Travel for pleasure appeals. Investigate how the wealth and resources of others can help you get what you want.

Gemini May 22 - June 21
This is a positive day for you, because fiery Mars is energizing your ruler, Mercury. Naturally, conversations with partners and close friends will be lively!

Cancer June 22 - July 23
You will take a hands-on approach to your job today because you are full of bright ideas that you want to implement. It's a good day to talk to co-workers.

Leo July 24 - Aug. 23
You are a creative sign, and today is a creative day for you! Act on your artistic urges. Enjoy playful activities with younger people.

Virgo Aug. 24 - Sept. 23
You have lots of energy for family discussions and practical projects like home improvements. This is a good day to tackle home repairs and plan how to better secure where you live.

Libra Sept. 24 - Oct. 23
Today you are talkative, lively, energetic and interested in everything around you. This is a great day to meet new faces and see new places, because you are up for anything!

Scorpio Oct. 24 - Nov. 22
Trust your moneymaking ideas today, because you have lots of mental energy to think about earnings and cash flow. You also will be persuasive in financial discussions.

Sagittarius Nov. 23 - Dec. 21
Today Mercury is in your sign, dancing with fiery Mars. This makes you intellectually sharp, curious and verbally adroit. You can sell snow to the Eskimos!

Capricorn Dec. 22 - Jan. 20
This is a wonderful day for research of any kind, because not only are you mentally keen, you have lots of energy to seek out solutions to old problems and to find hidden answers.

Aquarius Jan. 21 - Feb. 19
Conversations with friends and groups will be successful today, because you know what you want to say and you won't hesitate to say it. People want to join your team!

Pisces Feb. 20 - March 20
This is a good day to talk to bosses, parents and VIPs about what you want, because people will listen to you today.

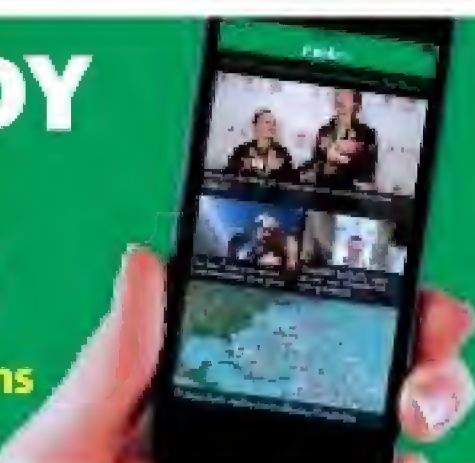
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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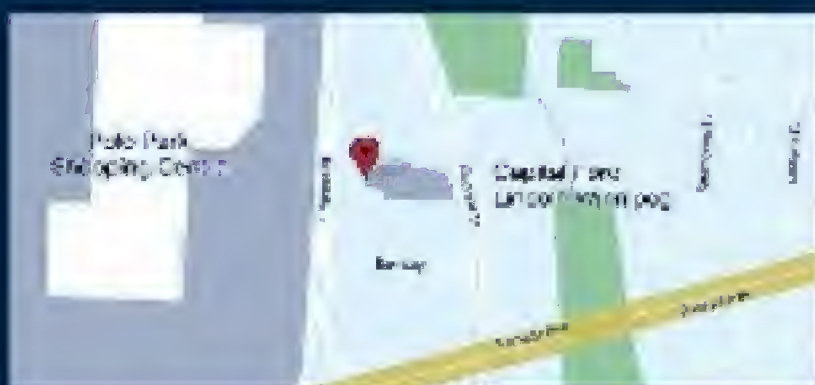
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